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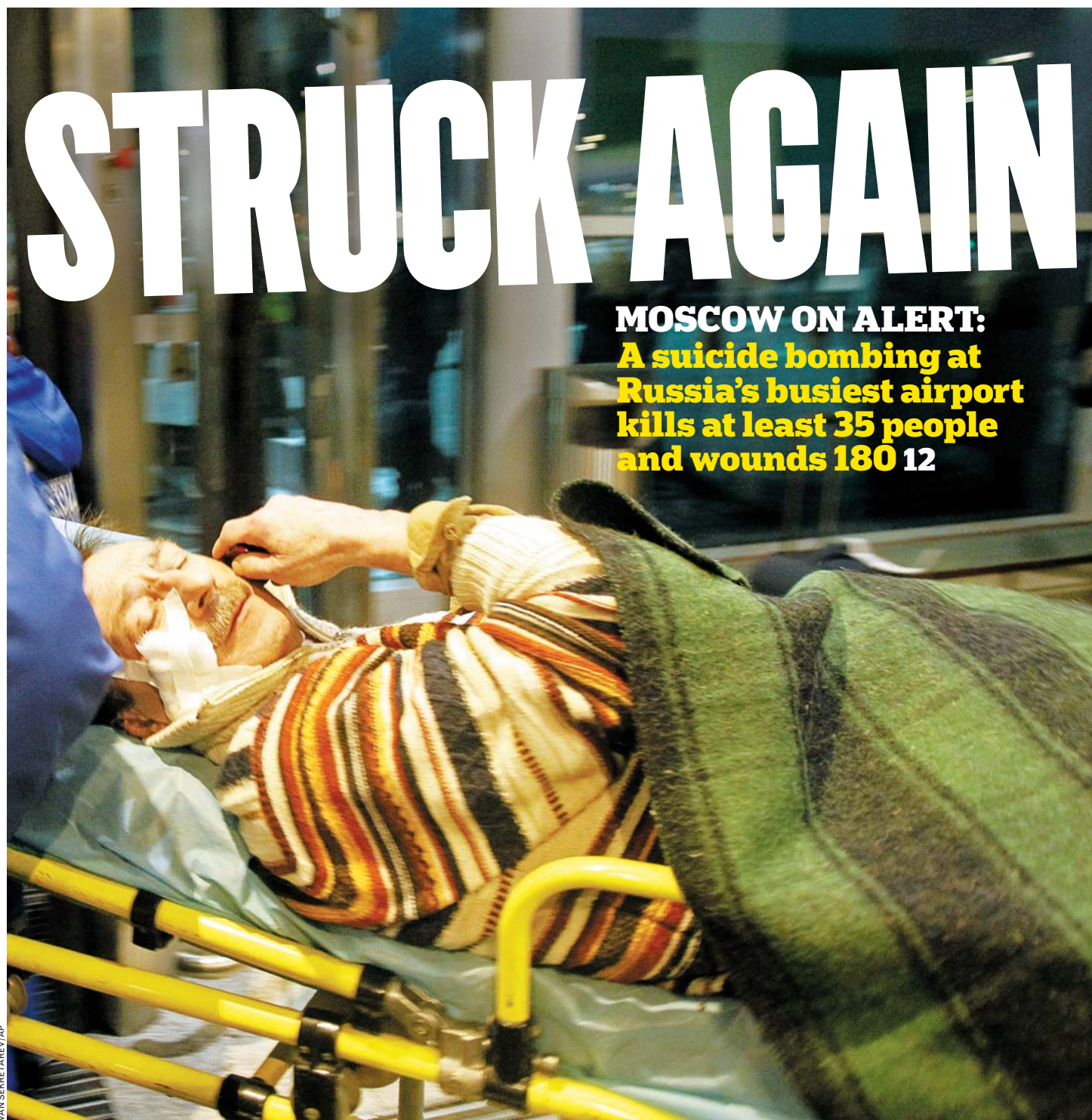
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Tuesday

JANUARY 25, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

STRUCK AGAIN

**MOSCOW ON ALERT:
A suicide bombing at
Russia's busiest airport
kills at least 35 people
and wounds 180 12**



IVAN SEKRETAREV/AP



OFF THE BALLOT

Rahm Emanuel is ruled ineligible to run for mayor of Chicago 3

NOT-GUILTY PLEA

Tucson shooting suspect is all smiles at his court hearing 4

SORRY, SIDNEY

Concussion forces Crosby to skip the NHL All-Star game 16

am **46** | **35** pm
1/19/11 1/20/11

FOR EXTENDED FORECAST, SEE PAGE 33



eye openers

At Last, a Great-Tasting Alternative to Four Loko!

A California entrepreneur has plans to supply medical marijuana dispensaries with pot-containing soda pop. Marijuana drinks already exist here and there, but Butler thinks his branding savvy will make his version a hit. Besides the flagship Canna Cola, he will also produce Dr Pepper-like Doc Weed, lemon-lime Sour Diesel, grape-flavored Grape Ape and orange-flavored Orange Kush. (AP)



This Is Funny Because Books Won't Exist by 2015

A Concord, Vt., woman is facing charges that she failed to return hundreds of dollars in library materials. Police say that in November they received a request from the St. Johnsbury Athenaeum asking troopers to contact the woman, who had more than 40 books and videos worth more than \$460 out for more than a year. (AP)


Football Drives Another Woman Out of Her House

An Iowa woman had to move out of her home recently because a man moved in without permission. Ronta Rasheona Epps has a no-contact order against Fredrick Cleaven Little. Despite the order, Little took up residence at her home to watch professional football playoffs on her TV. Epps relocated to a motel. (AP)

The Big Picture



"VROOM VROOM," by sculptor Lorenzo Quinn, has a new home — on Park Lane in London. The 13-foot-high artwork consists of a vintage Fiat 500 — Quinn's first car — and a giant aluminum child's hand modeled after Quinn's son's. (GETTY)



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In Brief

NEW YORK

Jack LaLanne Dies at 96

Jack LaLanne — the jumpsuit-clad fitness dynamo who starred in one of the nation's first and most popular TV exercise shows and touted healthful eating with such relentless earnestness that he helped usher in a modern era of health-consciousness — died Sunday at age 96 of respiratory failure due to pneumonia. (THE WASHINGTON POST)

LITTLE ROCK, ARK.

Officials Look to Restrict Music Players, Phones

After targeting drivers who paid more attention to their phone calls and text messages than the road, lawmakers in Arkansas and New York have proposed restrictions on using cell phones and music players while running and walking on the street or sidewalk. (AP)

Hearsay

“I don’t think you’ll see a laundry list of issues.”

— WHITE HOUSE SPOKESMAN ROBERT GIBBS, REFUSING TO SPILL THE BEANS ON PRESIDENT OBAMA’S STATE OF THE UNION ADDRESS, SCHEDULED FOR TUESDAY.

Court Kicks Emanuel off Ballot

Decision casts doubt over former Obama staffer’s candidacy

Chicago

A state appellate court on Monday threw former Obama White-House chief of staff Rahm Emanuel off the ballot for Chicago mayor because he didn’t live in the city in the year before the election.



Daley

The decision cast doubt over Emanuel’s candidacy just a month before the election. He had been considered the front-runner to replace Chicago Mayor Richard Daley and had raised more money than any other candidate.

The court voted 2-1 to overturn a lower-court ruling that would have kept his name on the Feb. 22 ballot. Emanuel plans to appeal the matter to the Illinois Supreme Court. Early voting was set to begin on Jan. 31.

“I have no doubt that we will, in the end, prevail at this effort. This



SCOTT OLSON/GETTY IMAGES

Residency Requirements

Those challenging Rahm Emanuel’s candidacy have argued that the Democrat does not meet the one-year residency requirement, because he rented out his Chicago home and moved his family to Washington to work for President Obama for nearly two years. Emanuel has said he always intended to return to Chicago and was only living in Washington at the request of the president. Emanuel tried to move back into his house when he returned to Chicago in October, but the family renting it wanted \$100,000 to break the lease and move out early. (AP)

Other CandidatesFormer schools president
Gerry ChicoCurrent City Clerk
Miguel del ValleEx-Illinois senator
Carol Moseley Braun

is just one turn in the road,” Emanuel said, adding that the “people of the city of Chicago deserve the right to make the decision on who they want to be their next mayor.”

Before Monday’s ruling, attorney Burt Odelson, who represents two voters objecting to Emanuel’s candidacy, had little luck trying to keep Emanuel off the ballot.

The Chicago Board of Election Commissioners and a Cook County judge have both ruled in favor of Emanuel, a former congressman, saying he didn’t abandon his Chicago residency when he went to work at the White House.

Odelson had said he planned to take the challenge to the state Supreme Court, if necessary.

“Have I stood down at all? No, I’ve been confident all along because that’s the law. That’s the way you read the law,” Odelson told reporters Monday.

Emanuel appeared to have gotten a big boost last week when his campaign announced he raised more than \$10 million and was endorsed by former president Bill Clinton during an event in Chicago. Emanuel’s lawyer said he is hopeful the state Supreme Court will take up the case. DEANNA BELLANDI (AP)

\$2.5B

The amount of money the Departments of Justice, and Health and Human Services say they recovered in health care fraud judgements last year. Officials announced new security measures Monday to combat Medicare fraud, including tougher provider screenings and the ability to withhold payments during investigations. (AP)

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Nation

Suspect Loughner Pleads Not Guilty

Accused Ariz. shooter smiles throughout court arraignment

Phoenix

The Arizona man accused in the shooting rampage that critically injured Rep. Gabrielle Giffords appeared in federal court Monday on charges of attempted murder, and the court entered a not-guilty plea on his behalf.

Wearing an orange prison jumpsuit and wire-rimmed eyeglasses, Jared Loughner, 22, smiled for almost the entire 20 minutes of the arraignment in a Phoenix courtroom. It was the second court appearance for Loughner, who last week was charged with five federal counts related to the Jan. 8 incident that left six dead and 13 injured.

Monday's appearance dealt with three counts of attempting to kill federal employees, including Giffords, D-Ariz., who is recovering

Mentally Disturbed



Investigators have said Loughner was mentally disturbed and acting increasingly erratic in the weeks lead-

ing up to the shooting. If he pleads not guilty by reason of insanity and is successful, he could avoid the death penalty and be sent to a mental health facility instead of prison. (AP)

in a Houston rehabilitation center from a gunshot wound to the head. Two aides were also wounded in the attack. Two other federal employees were killed in the shootings.

In response to questions from the judge, prosecutors said they planned to have federal indictments on the two murder charges within 45 days, and another hearing was set for March 9. SANDHYA SOMASHEKHAR (THE WASHINGTON POST)

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Haitian workers slog Saturday through rice fields thought to be contaminated with cholera. Thousands continue to contract the disease, though infection rates are slowing.

Haiti's Cholera Epidemic Wanes

Rainy season could trigger a resurgence, health experts warn

Saint-Marc, Haiti

Haiti's cholera epidemic is claiming fewer victims, with a sharp drop in new cases everywhere from the shimmering rice fields of the Artibonite Valley to the crowded urban slums.

It is a welcome development but tinged with doubt: It's not yet known whether the epidemic that has killed nearly 4,000 people is fading or taking a break, only to

4,700

The number of new cholera cases in Haiti per week now, down from about 12,000 per week in November, according to a government report released Thursday. (AP)

surge again perhaps with the rainy season, sending the bacteria coursing through rivers and streams.

"The general situation is improving," Stefano Zannini, of the aid group Doctors Without Borders, said Sunday. "The problem is that the possible development of the epidemic is unpredictable."

Meanwhile ...

A Haitian migrant has become the first person to die of cholera on Dominican soil, authorities said Monday. The Dominican Republic's health ministry said that Francois Renauld, 53, died Friday and that an autopsy confirmed it was cholera. Authorities have begun mass deportations of illegal Haitian migrants as the country grapples with the cholera scare in Hispaniola, the Caribbean island shared by the Dominican Republic and Haiti. About 225 people in the Dominican Republic have been sickened by the disease. (AP)

Progress on the disease would be a rare bit of good news for Haiti. The country is on edge amid a political crisis over a presidential election, hundreds of thousands are still homeless from last year's earthquake, and a reviled former dictator returned in the past week.

The disease has sickened more than 194,000 people and killed about 3,890 nationwide. The drop in cases is in part due to a massive emergency public health campaign and dry conditions in Haiti.

Zannini said immunity typically lasts six to eight weeks, so people will be susceptible when spring's rainy season starts. (AP)

In Brief

DUBLIN

Irish Leadership Agrees To Move Vote, Pass Bill



Cowen

Ireland's government and opposition chiefs reached a deal Monday to allow lawmakers to rush a key tax-raising bill through parliament so that Ireland's government can be dissolved on Feb. 1. Prime Minister Brian Cowen last week called for an early election on March 11, but officials said the vote will now be moved to late February. (AP)

RAMALLAH, WEST BANK

Palestinian Anger Flares Over Alleged Documents

A senior Palestinian official condemned Qatar-based Al-Jazeera on Monday, and protesters vandalized the channel's West Bank headquarters after it reported on leaked documents that claimed Palestinian leaders offered large concessions in peace talks with Israel in 2008. The outburst followed the airing late Sunday of what Al-Jazeera said were internal Palestinian documents. (AP)

BEIRUT

Hezbollah's Pick Poised To Win PM Nomination

Hezbollah moved to the brink of controlling Lebanon's next government on Monday, setting off protests from Sunni rivals, who declared a "day of rage" Tuesday, and drawing warnings from the U.S. Hezbollah's candidate, Najib Mikati, was set to clinch the prime minister nomination as voting began Monday. (AP)



Royal Recovery? Egypt's top archaeologist, Zahi Hawass, has requested the return of the 3,300-year-old bust of Queen Nefertiti that has been in Berlin's Neues Museum for decades, the latest move in his eight-year campaign to bring home ancient artifacts spirited out of the country. Germany has declined past Egyptian requests for the bust's return and on Monday said the latest Egyptian request did not change anything. (AP)



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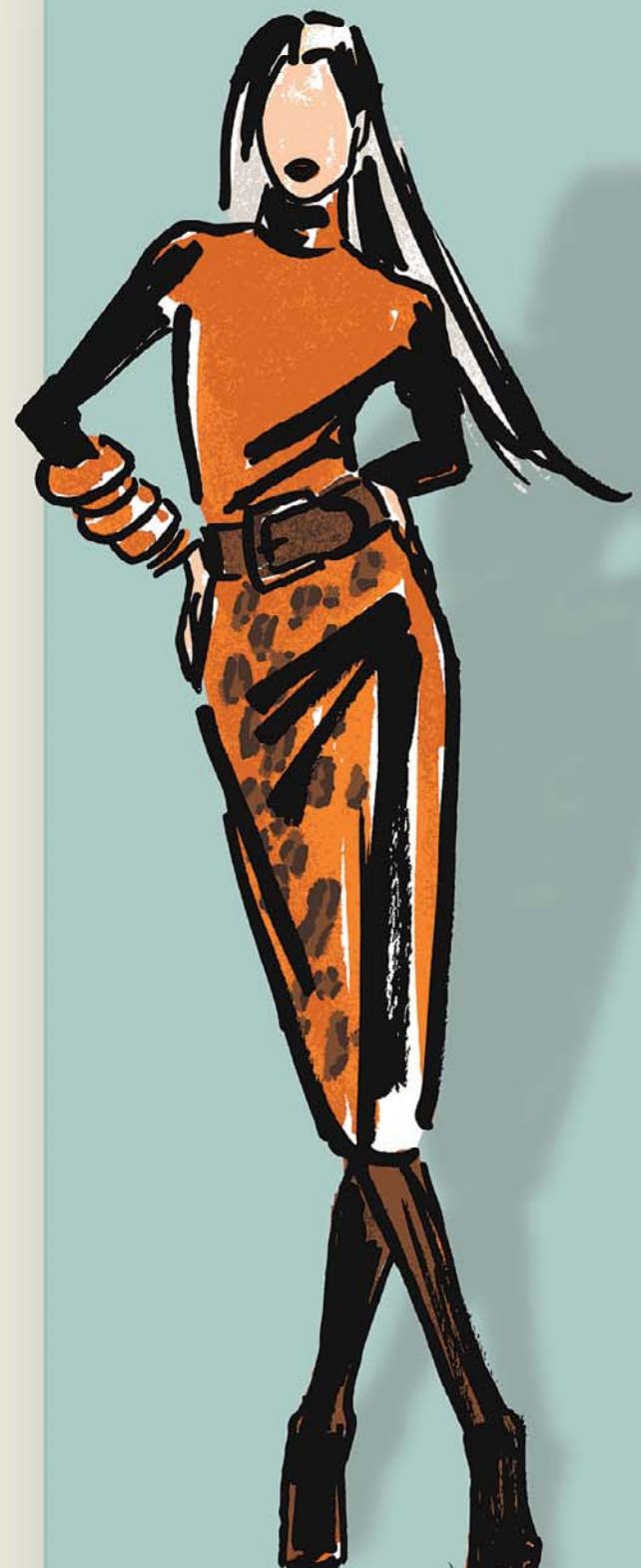
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World

Report: Democracies
Ignore Rights Abuse

Repressive regimes are given too much slack, watchdog says

Brussels

Democracies around the world are ignoring abuses by repressive regimes and opting for improved relations rather than condemning rights violations and curtailing aid, Human Rights Watch said Monday.

In its annual report, the international watchdog decried what it called the increasing use of soft measures without any guarantees to ensure that changes occur in authoritarian regimes.

"Dialogue' and 'cooperation' with repressive governments is too often an excuse for doing nothing about human rights," said Kenneth Roth, the group's executive director.

Regarding the U.S., the report criticized the alleged use of illegal interrogation methods involving the torture of terror suspects during the Bush administration.

The report also said President Obama's "famed eloquence ...

Trouble Spots

Human Rights Watch's list of countries that are the most abusive of human rights included Belarus, China, Colombia, Congo, Cuba, Egypt, Indonesia, Iran, Myanmar, North Korea, Pakistan, Saudi Arabia, Yemen and Zimbabwe. Without outside pressure, the list will grow, warned the group's executive director, Kenneth Roth. (AP)

has sometimes eluded him when it comes to defending human rights."

During Chinese President Hu Jintao's visit to Washington last week, Obama pushed China to allow fundamental freedoms but assured Hu the U.S. considers the communist nation a friend and vital economic partner.

The group said a shifting global balance of power, particularly China's rise, was leaving the West reluctant to confront other nations on moral grounds. The report also said the West's fading interest in human rights issues is partly caused by a decline in international news coverage. (AP)

23 The number of stories that a woman fell — and survived — after she climbed over a barrier at a Buenos Aires hotel and leapt Monday. The 30-year-old Argentinean landed in a sitting position on the roof of a taxi, deeply denting it. Officials said she was taken to a hospital with broken bones and severe internal injuries after the nearly 330-foot plunge. (AP)

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Bill May Alter Metro Brass

New legislation would let Va. governor appoint new board of directors member

Gov. Bob McDonnell would have the power to appoint a member to the Metro Board of Directors, under a bill proposed by a Northern Virginia delegate.

The bill, HB 2000, introduced by Delegate James LeMunyon, R-Fairfax, would allow the governor to appoint an additional member to the Northern Virginia Transportation Commission, who would then sit on the Metro Board.

McDonnell, a Republican, has tried — unsuccessfully — to gain two state seats on the board.

Rail Problems

Metro workers discovered cracked rails Monday near the Red Line's Rockville station and near the Van Dorn station on the Blue Line. Metro says the cold weather and inadequate track maintenance are both factors when rails splinter. (AP)

In October, the commission voted 12-6 to keep control of the state's four members on the Washington Metropolitan Area Transit Authority Board at the local level.

The commission, made up of 19 local and state elected officials plus the state's public transportation director, appoints Northern Virginia's Metro directors. The Metro board's 14 members include two

representatives from Fairfax County, one from Arlington County and the Alexandria mayor. Two alternate seats appointed by the federal government remain empty.

In November, a task force of the Greater Washington Board of Trade and Metropolitan Washington Council of Governments recommended that Virginia, Maryland and the District change the Metro agreement to increase the number of members from each jurisdiction from two to three, with one member appointed by the chief executive of each jurisdiction.

"The governor and members of the General Assembly agree that the commonwealth must have a voice on the WMATA Board of Directors," McDonnell spokesman Jeff Caldwell said. (THE WASHINGTON POST)

METRO PULSE

Who do you hope gets an Oscar nomination?



"I haven't seen 'Black Swan,' but I hear Natalie Portman is incredible. So, hopefully, she'll get one and gain back some of the weight she lost for the movie."

Lauren Posey, VIRGINIA SQUARE

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March for Life Draws Thousands

Abortion foes speak out on anniversary of Roe v. Wade ruling

Washington

Thousands of mostly young people spilled onto the Mall in the frigid air Monday as abortion opponents rallied and heard speakers before their annual march to the Supreme Court.

Catholic high schools, youth groups and colleges were in obvious attendance with their matching sweatshirts and banners, as is the case each year at the March for Life.

Many signs and buttons were evergreen — the kinds you see each year — such as “Defund Planned Parenthood,” “Men regret lost fatherhood” and “I regret my abortion.” But this year, with the



A man dressed as George Washington is saluted by Jim Griffin, of Fort Washington, Md., who is dressed as Captain America, outside the Supreme Court building Monday.

.....
GOP taking control of the House and seeing gains in the Senate and across state capitols, there was a vibe of reckoning.

.....
Several top Republicans raised cheers by noting recent measures they introduced and hope will pass — including one to ban funding for

abortion coverage in the health care reforms that passed last year, and another that would ban the District from using its own money to provide abortions for low-income women.

Earlier in the day, hundreds of priests filed into Verizon Center in downtown Washington as contemporary praise music boomed from the speakers.

On the 38th anniversary of the Supreme Court decision that legalized abortion, Roe v. Wade, the clerics and young people celebrated Mass before participating in the annual anti-abortion march.

More than 27,000 young people secured tickets for the morning concert, pep rally and Mass, according to the Archdiocese of Washington. A parallel event was held at the D.C. Armory to handle the overflow crowd. (THE WASHINGTON POST)

Metro Threat Suspect Seeks Pretrial Release

Washington

A 25-year-old Arlington County man who allegedly threatened on his Facebook page to use explosives in the Washington area is a “nobody” who does not present a danger and should be released pending trial, his attorneys argue in court papers.

Awais Younis, also known as Mohhanme Khan and Sundullah Ghilzai, talked about bombing a Metro train and putting a pipe bomb under a Georgetown sewer head during conversations he had on Facebook with another user who lives in Louisiana, authorities allege.

Younis’s attorney, Frank Salvato, asked a judge to release his client pending trial, saying Younis is not a flight risk or a danger. (AP)



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Md. Main Break Snarls Beltway

Landover, Md.

A water main break iced over a major commuter highway in Washington's Maryland suburbs, snarling Monday morning traffic and swamping parked cars.

Authorities said the pipe ruptured in an office park that backs up to the Capital Beltway in Prince George's County and sent water down a small hill onto the road, where it froze. Officials closed all southbound lanes of Interstate 95, approximately two miles, between Ritchie Marlboro Road and Route 214 early in the day. Two lanes later reopened.

At one point, water from the broken main shot eight or nine feet in the air, said Lyn Riggins, a spokeswoman for the Washington Suburban Sanitary Commission.



A water main break at a Maryland office park closed part of the Capital Beltway.

"It looks like somewhere where you would go white-water rafting," Riggins said.

Pastor Stephanie Stratford, whose Ekklesia Family Life and

Worship Center meets in a space at the office park, said the sanctuary was completely destroyed.

"It's an incredible sight," she said. (AP)

The Lotteries

Monday, Jan. 24

District

Mid-day Lucky Numbers 9-0-5
Evening Lucky Numbers (Sun.) 3-3-9
Mid-day DC 4 4-9-0-2
Evening DC 4 (Sun.) 4-9-2-0
Mid-day D.C. Five 5-0-8-7-9
Evening D.C. Five (Sun.) 4-6-5-6-1

Virginia

Mid-day Pick 3 9-8-4
Evening Pick 3 (Sun.) 9-5-1
Mid-day Pick 4 2-2-0-9
Evening Pick 4 (Sun.) 1-0-1-6
Mid-day Cash 5 (Sun.) 7-8-11-24-34
Evening Cash 5 (Sun.) 4-5-10-13-33

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3 9-9-5
Evening Pick 3 (Sun.) 0-5-7
Mid-day Pick 4 1-8-8-3
Evening Pick 4 (Sun.) 4-5-4-6
Match 5 (Sun.) 2-4-6-32-36 (22)

Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

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Cover Story

A Blow to the Heart

Russia is on high alert after Moscow is again the target of a terrorist attack

Moscow

Terrorists struck again in the heart of Russia, with a suicide bomber blowing himself up Monday in Moscow's busiest airport and turning its international arrivals terminal into a smoky, blood-spattered hall of dismembered bodies, screaming survivors and abandoned suitcases. At least 35 people were killed, including two British travelers.

No one claimed responsibility for the blast at Domodedovo Airport that also wounded 180 people, although Islamic militants in the southern Russian region of Chechnya have been blamed for previous attacks in Moscow, including a double suicide bombing on the capital's subway system in March 2010 that resulted in 40 deaths.

President Dmitry Medvedev called it a terrorist attack and immediately tightened security at Moscow's two other commercial airports and other key transportation facilities.

It was the second time in seven years that Domodedovo was involved in a terrorist attack: In 2004, two female suicide bombers penetrated the lax security there, illegally bought tickets from airport personnel, and boarded planes that exploded in flight and killed 90 people.

Medvedev canceled plans to travel Tuesday to the World Economic Forum in Davos, Switzerland, where he aimed to promote Russia as a profitable investment haven to world business leaders.

Prime Minister Vladimir Putin ordered the health minister to send her deputies to hospitals to make sure the injured were getting the medical care they needed.

Russians still look to the tough-talking Putin as the leader they trust



A boy sobs during a special service Monday at a chapel in the Domodedovo Airport in Moscow, where a suicide blast earlier in the day ripped through the international arrivals hall and left at least 35 people dead. At right, investigators work near the body of one of the victims of the blast. No one has claimed responsibility, but separatists have claimed similar attacks in recent years.



"I saw the suitcase, the suitcase was on fire. Either the man blew up something, or something went off on the man's body, or the suitcase went off."
— ARTYOM ZHILENKOV, WHO SAID HE WAS JUST A FEW YARDS AWAY FROM THE EXPLOSION

to guarantee their security, and Monday's attack was likely to strengthen the position of the security forces that form part of his base.

The latest attack on the Russian

Backstory
Large-scale battles in Chechnya ended years ago, following two devastating wars between Russia and the republic's separatists, but Islamic militants have continued to carry out suicide bombings and other attacks. Most of the attacks have been in Chechnya and other predominantly Muslim provinces in the southern Caucasus region, but some have targeted Moscow, including its subways, buses and trains.

capital also called into question Russia's ability to safely host major international sports events such as the 2014 Winter Olympics in Sochi and the 2018 World Cup.
The blast came at 4:32 p.m., when hundreds of passengers and workers were in a loosely guarded part of the terminal. They were sprayed with shrapnel of screws and ball bearings, intended to cause as many casualties as possible. The terminal filled with thick smoke, and witnesses described a scene of horror.
"There was lots of blood, severed legs flying around," said Yelena Zatserkovnaya, a Lufthansa official.
Car rental agent Alexei Spiridonov, 25, was at his desk when the blast struck about 100 yards away and "threw me against the wall," he said. "People were panicking, rushing out of the hall or looking for their relatives," he said. "There were people just lying in blood."
NATALIYA VASILYEVA (AP)

- A Decade Of Violence**

MARCH 29, 2010 Twin suicide bombings kill at least 38 people in Moscow's crowded subway system. The strikes include an attack on a station just steps away from the headquarters of Russia's premier security service.

JAN. 6, 2010 At least seven policemen are killed and 20 more are injured in Dagestan when a suicide bomber detonates a car packed with explosives at a traffic police depot.

AUG. 17, 2009 A suicide bomber drives a truck into the gates of the main police station in Nazran, the largest city in Ingushetia, killing 20 people and wounding 138 others.

JUNE 22, 2009 Ingush President Yunus-Bek Yevkurov is seriously injured when a suicide bomber detonates explosives beside his car.

AUG. 31, 2004 A female suicide bomber kills 10 people outside a Moscow subway station.

AUG. 24, 2004 Two Russian passenger planes crash, killing all the people on board. Female Chechen suicide bombers are blamed for the crashes.

FEB. 2004 A suicide bombing kills at least 40 people on a subway train in Moscow. A Chechen rebel group claims responsibility.

DEC. 9, 2003 A suicide bomber kills five people near the Kremlin in Moscow. At least 13 people are wounded.

DEC. 5, 2003 Forty people are killed and more than 100 are injured when a bomb explodes on a passenger train traveling in southern Russia.

AUG. 1, 2003 A suicide bomber blows up a military hospital in North Ossetia, bordering Chechnya. Fifty people are killed.

JULY 5, 2003 Two female Chechen suicide bombers kill 15 other people when they blow themselves up at an open-air rock festival at Moscow's Tushino airfield.

Super Bowl With Big Flair Ahead

North Texas is ready to welcome storied Steelers, Packers

Dallas

Welcome to Big D, Packers and Steelers. Y'all are in for a good ol' time.

The first Super Bowl in North Texas is going to be a big, gaudy celebration of excess, just like the stadium where the game will be played. So, it's great that two teams with large, loyal fan bases will be the stars of the show.

Bring all the Cheeseheads and Terrible Towels you want. Big as Cowboys Stadium is, there will be room for them all — more than 100,000, counting folks who'll pay \$200 to hang out around the building and watch on TVs. Plenty inside will be watching on TV, too, unable to pry their eyes from the gargantuan video boards.

This game should be a heck of a sight: two proud franchises led by high-quality quarterbacks and dazzling defenses.

Oddsmakers figure the Feb. 6 game will be close. The early line was Packers by 2½ points, after Aaron Rodgers and the NFC's No. 6 seed advanced by going into



Workers place the Super Bowl XLV letters in position in downtown Dallas last week.

“Now we have the opportunity to achieve greatness, and that is winning the Super Bowl down in Dallas.”

— MIKE MCCARTHY, GREEN BAY'S COACH, WHO SAID HE EXPECTS “A LOT OF GREEN AND GOLD” IN TEXAS.

Chicago and beating the rival Bears 21-14 on Sunday.

“Now we have the opportunity to achieve greatness, and that

is winning the Super Bowl down in Dallas,” Packers coach Mike McCarthy said.

Ben Roethlisberger and Troy Polamalu lifted Pittsburgh into the big game for the third time in six years by knocking off Rex Ryan and his big-talkin' New York Jets, 24-19, in the AFC title game Sunday.

The Steelers are in the Super Bowl for the eighth time overall, matching the Cowboys for the most appearances. Pittsburgh already has the most titles with six.

Roethlisberger will be looking for his third Super Bowl title, which would put him behind only

Joe Montana and Terry Bradshaw, who each won four.

For Roethlisberger, leading the team this far is quite a story considering he missed the first four games as punishment after he was accused in the offseason of sexual assault, though no charges were filed.

\$40M

The host committee's estimated budget for the 2011 Super Bowl in Dallas. Last year's budget in Miami was roughly \$16 million. (AP)

For Rodgers, one title would be enough to match his predecessor, Brett Favre.

While both teams will be aiming to take home the Lombardi Trophy, they can already start clearing space in their trophy case.

Each team will get a custom, handcrafted saddle valued at \$12,500, courtesy of a local boot and saddle maker. They carry this game's logo, with six sterling silver and gold conchos engraved with the NFL logo. The saddle horn will feature a sterling silver and gold horn cap with each team's logo.

The Cowboys may not be in it, but there will be plenty of cowboys flavor. (AP)

In Brief



Rafael Nadal smashes his way Monday into the Australian Open quarterfinals.

TENNIS

Nadal Continues Streak

Rafael Nadal improved his winning streak to 25 matches in Grand Slam events Monday, beating No. 15 Marin Cilic, 6-2, 6-4, 6-3 in the fourth round at the Australian Open. Nadal's win sets up a quarterfinal against fellow Spaniard David Ferrer, who fended off Canadian Milos Raonic, 4-6, 6-2, 6-3, 6-4. (AP)

PRO BASEBALL

Tigers' Galarraga Heads To Diamondbacks

The Detroit Tigers on Monday traded RHP Armando Galarraga to the Arizona Diamondbacks for right-hander Kevin Eichhorn and left-hander Ryan Robowski. Galarraga gained fame last season when an umpire acknowledged blowing a call with two outs in the ninth inning that cost him a perfect game. (AP)

MEN'S BASKETBALL

Ohio State Remains No. 1

Ohio State is again the runaway No. 1 in the AP Top 25 men's college basketball poll, receiving all but two first-place votes Monday from the 65-member panel. Pittsburgh jumps to second and Duke is third. San Diego State moves to fourth and UConn fifth. (AP)

WOMEN'S BASKETBALL

Wins Keep Baylor at No. 1

Baylor remains No. 1 while piling up easy victories, receiving 24 first-place votes Monday in the women's college basketball poll by the AP. Baylor has won 15-straight games since its lone loss of the season, to No. 2 UConn. Duke, Stanford and Tennessee complete the top five. (AP)

Bears Come to Defense of Cutler After Loss

Pro Football

Jay Cutler finally got some protection. The Chicago Bears rushed to their quarterback's defense on Monday, blasting current and former players who in Twitter posts questioned his toughness for sitting out most of the second half of Sunday's 21-14 NFC championship game loss to Green Bay with a knee injury.

“I think it's crap,” general manager Jerry Angelo said. “I thought they were a union. If that's the way

they unionize themselves, they got bigger issues than the one that they have with the owners. I'm very disappointed. That, to me, is dirty poor.”

Jacksonville Jaguars running back Maurice Jones-Drew and Arizona Cardinals defensive lineman Darnell Dockett, along with former players such as Deion Sanders and ESPN analyst Mark Schlereth, were among those criticizing Cutler on Sunday.

To that, coach Lovie Smith said, “Our quarterback's a tough guy. ...



Jay Cutler had an MRI Monday but did not make himself available to the media.

It's pretty simple what happened yesterday. Before the half, Jay hurt his knee. He showed a lot of toughness to continue to play with it.”

Smith said Cutler suffered a sprained medial collateral ligament in his left knee late in the first half and would have been questionable for the Feb. 6 Super Bowl had the Bears beaten Green Bay. He also emphasized the team and medical staff made the call to lift the quarterback, who played the first series in the third quarter before standing on the sideline. (AP)

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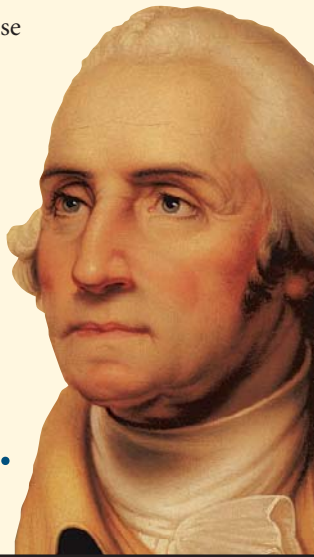
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Sports

2 Redskins Join Pro Bowl Roster

Orakpo, Fletcher fill
NFC lineup gaps for
exhibition in Hawaii

Washington

Two Redskins were officially added to the Pro Bowl roster Monday morning, which means three Washington players from a defense ranked 31st in the NFL this season will participate in Sunday's game in Hawaii.

Linebackers Brian Orakpo and London Fletcher will each make the trip to play in the annual all-star game for a second consecutive year.

Orakpo will take the place of Green Bay's Clay Matthews, who will instead be preparing for the Super Bowl on Feb. 6. Fletcher will take the spot of Chicago's Brian Urlacher, who will miss the game due to injury.

"I am extremely honored to play in the Pro Bowl," Fletcher said in a statement released by the team. "I am very excited to make the trip to Hawaii. I would like to thank all of



London Fletcher and Brian Orakpo will join teammate DeAngelo Hall in Hawaii.

Meanwhile ...

Patriots QB Tom Brady is the leading vote-getter for The Associated Press 2010 NFL All-Pro Team, the seventh-straight year at least one player has received every vote. Brady, the league's leading passer, took the Patriots through a 14-2 season before a playoff loss to the Jets. Overall, he threw for 36 touchdowns and had just four picks. (AP)

my teammates, coaches, fans and everyone else who played a part in getting me here."

"It's great to get to go to the Pro Bowl again in just my second season in the league," Orakpo said in a statement. "Last year was fun, but it will be special getting to play in Hawaii."

Cornerback DeAngelo Hall had already been selected to the Pro Bowl. Fletcher and Orakpo were alternates. (THE WASHINGTON POST/AP)



Palmer Stays: Cincinnati owner Mike Brown said Monday that he won't trade quarterback Carson Palmer, though Palmer met with him a little more than a week ago and asked to be traded. He told Palmer that he wouldn't consider it, because the quarterback is central to the team's plans, Brown said. The Bengals, who have only two winning records in the last 20 years, have made no significant changes coming off a 4-12 season. (AP)

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Sports

Concussion Keeps Crosby
Out of NHL All-Star Game

Hockey

Sidney Crosby won't even attend the NHL All-Star game this weekend, because he's still recovering from a concussion.

The Pittsburgh Penguins made the announcement Monday in a statement on the team's website.

"Sidney is making progress in his recovery but still is not completely symptom-free," general manager Ray Shero said. "In this situation, when he has not even skated for two and a half weeks and still has not been cleared to resume physical activity, we think it's best for him to focus totally on his recovery."

Crosby said there is no target date for his return.



TONI SANDYSTWIP

A return date for Penguins captain Sidney Crosby has not yet been determined.

Crosby, the top vote-getter for Sunday's All-Star game in Raleigh, N.C., was injured after absorbing hits to the head in successive games from the Capitals' David Steckel on Jan. 1 in the Winter Classic and the Lightning's Victor Hedman on Jan. 5. (AP)

TV Lineup

WIZARDS (7 P.M., CSN) With trade rumors still swirling around Carmelo Anthony, the Wizards host the Nuggets to end a four-game homestand.

TENNIS (8 P.M., ESPN) The season's first Grand Slam tournament is down to the final eight, and quarterfinal action kicks off in the Australian Open.

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How to Think on Your Feet

Shoo away shoes to make your lower body work in ways it never has before

Class Review

Supportive foam sure is comfy, but sneakers make our feet stupid. Maybe you've heard of the barefoot running boom? The point of kicking off your shoes is to reconnect with the muscles of the feet, improve alignment and start to move the way the human body was designed to. But before you can run, you have to learn how to walk — and lunge, squat and balance, which is the focus of “Willpower and Grace” at Capitol Hill’s Red Bow Studio (\$18 per session; 308 Massachusetts Ave. NE.; 202-758-2910; red-bowdc.com).

Work It Out



Instructor Addie Johnson grips the floor with her toes to keep her balance. Although moves like this resemble a dance, she says anyone can pick up the grace part of class.

What it is: Despite the name, nothing about willPower and Grace has to do with roommate dynamics between gay men and straight women. Developed in New York a decade ago, the program pairs its “sole training” with high-energy aerobics while borrowing from yoga and Pilates. “It’s the cardio solution for mind-body,” says Red Bow owner Jane Brodsky, who co-teaches the class with Addie Johnson.

Moves: As with almost all exercise classes, it starts with a warm-up. But it’s unlikely you’ve ever rocked your feet back and forth to prepare to stick your toes in the air and fan them out. “They might have separation anxiety,” Brodsky says. Then, you’ll practice tapping



“Cougar” lunges get students leaning from side to side to work the leg muscles.

just the big toes to the ground, and then the little toe.

Once you get the rest of the body just as ready — with sweeping movements such as throwing your torso and arms between your legs, and then whipping them back

up — it’s time for the 30-minute cardio segment. “No muscle left behind,” Johnson hollers. Expect to perform endless sets of squats while using your arms to push off your thighs, along with various nontraditional lunges. (Try doing

them with your back knee pointing to the side of the room instead of straight ahead.)

The cool-down is next, which takes down the pace, but you’re not done until you make it through “flexible strength,” which squeezes in some yoga poses, and a plank series. Brodsky may just ask you to wave at her, so you happen to be holding yourself with only one hand. “Sometimes you don’t even realize you’re using willpower,” she says.

Lingo: Throughout every exercise, particularly the one-legged balances, you’d better have “smart toes.” That means gripping the floor so that the knuckles of your toes pop up and turn white. Brodsky’s favorite lunge variation is the “cougar,” a side-to-side movement that looks vaguely feline, especially when you

manage to get low enough to skim the ground with your hands. “You’re stretching and strengthening at the same time,” says Esa Sferra-Bonistalli, 32, who was impressed to see her cougar sink considerably by the end of class.

Workout: Prepare to apologize to your lower body, because it takes most of the beating. “It took two to three days to get the soreness out,” says 34-year-old Fred Thompson, an avid runner (who’s not related to the actor/politician). “There are muscles in there that you don’t know about.” The strangest sensations are likely to come from your feet, which can sweat more than you could possibly imagine. After one class of slipping and sliding around, Sferra-Bonistalli took Brodsky’s advice to apply antiperspirant to her soles. (It worked!)

VICKY HALLETT (EXPRESS)

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Boring Nights
In the Bedroom

Q My husband has absolutely no sex drive — I'm lucky if we make love three times a month. He's admitted that he probably has low testosterone levels, but he refuses to seek treatment, instead telling me that I demand sex too much. And this is going on at the same time that we're trying to conceive. **DESPERATE**

First, postpone trying to conceive — not only because he's not crazy about the act itself (which could quickly sour the whole enterprise), but because this is clearly a troubling concern in your marriage, and bringing children into it at the moment would only add further complications.

There are plenty of physiological and psychological characteristics that can lead to low sex drive, and there's no way for me to diagnose the exact cause here. But I think you know that the real issue is that he doesn't seem motivated to do anything to actually get such a diagnosis — or treatment. Depression could be causing both the low sex drive and the lack of motivation to seek help. But he can't get better without putting forth a bit of effort and admitting there's a problem.

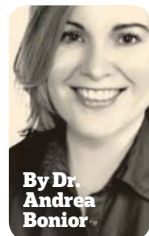
Offer Her a Pal, Not a Date

Q I'm friends with this amazing girl, we see each other at least twice a week, and we always enjoy each other's company. But she's "caught up" with some older guy. She told me what she wants is a relationship and it's not what they have, but it's something we could very well have. I feel she's using me as the emotional crutch to her relationship with this guy. How do I let her know how I feel? **THIRD WHEEL**

Unfortunately, this is one of those situations where your role as friend and your role as potential suitor are at total odds with each other. She's in a possibly dysfunctional romantic situation, but the way to get her out of it is not to try to lure her into being someone else's girlfriend right away. (Unless, of course, this is a movie.)

If she senses that you want her

for yourself, she might not value your assessment of her relationship. So, just be a friend: Listen, ask her why she doesn't feel she deserves more, and show your faith in her as a person. But don't do the old fake-yawn-stretch to put your arm around her when doing so. That will have to come much later, when she likes herself enough to be alone for a while.



By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



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Event Horizon
Nippy
Dipping

If you've been keeping up with the Capital Weather Gang lately, you've probably been thinking more about bundling up than stripping down. But the 15th annual MSP Polar Bear Plunge at Sandy Point State Park this Saturday is encouraging you to take it all off — except a bathing suit — to raise money for Special Olympics Maryland. Warm up with lacrosse contests, a salsa demo and a skate boarding course. Details at Plungemd.com.

3 BROCCOLI BEAUTIES

The cruciferous veggie is at its freshest and most flavorful October through April. It's low in calories and high in vitamins A, C and K, and nutritionists think it helps prevent and may even fight cancer. The green florets get the glory, but the stalks are just as tasty and nutritious. Many people even prefer them to the tops. Just peel for tenderness. **PAMELA PARSEGHIAN**
(REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



1 Quick Chicken Divan

- ▶ 8 oz gemelli, rotini, or ziti
- ▶ 1 lb broccoli, tops cut into florets, and stems peeled and sliced
- ▶ 1 tbsp butter
- ▶ 2 tsp dried basil
- ▶ 4 1/2 tsp all-purpose flour
- ▶ 1 cup reduced-sodium chicken broth
- ▶ 2/3 cup 2% milk
- ▶ 3/4 tsp salt
- ▶ 1 small rotisserie chicken, meat pulled off the bone (2 1/2 to 3 cups total)
- ▶ 1/2 cup shredded cheddar

Makes Four Servings

Boil pasta. Add broccoli during last five minutes. Drain. Melt butter with basil in pasta pot and stir in flour. When light brown, whisk in broth, milk and salt. Bring to a boil. Toss with chicken, pasta/broccoli mixture and cheese. Season to taste with salt and pepper.

2 Roasted Broccoli With Orange

- ▶ 1 lb broccoli, tops cut into florets and stems peeled, quartered lengthwise, and cut into 2-inch lengths
- ▶ 2 tbsp olive oil
- ▶ 2 cloves garlic, thinly sliced
- ▶ 2 tsp grated orange zest

(optional)

- ▶ 1/2 tsp salt
- ▶ 2 tbsp orange juice (from 1/2 small orange)

Makes Four Servings

Heat oven to 425 F. Line baking pan with foil. Put broccoli on pan and toss with oil, garlic, zest and salt. Spread in single layer and roast until edges are brown and stems are tender, about 20 minutes. Toss with orange juice and season to taste with salt and pepper.

3 Broccoli-Peanut Salad

- ▶ 1/4 c white wine vinegar
- ▶ 3 tbsp canola oil
- ▶ 3 tbsp peanut butter
- ▶ 1 tbsp reduced-sodium soy sauce
- ▶ 1/2 tsp salt
- ▶ 1 lb broccoli, tops cut into small florets, and stems peeled and chopped
- ▶ 1/4 cup dried cherries, cranberries or raisins
- ▶ 1/4 cup roasted peanuts, chopped

Makes Four Servings

Whisk together vinegar, oil, peanut butter, soy sauce and salt in a large bowl. Toss with broccoli and dried fruit, and season with salt to taste. Serve topped with peanuts. Can be made up to two days ahead.

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Getting It Done Without Delay

Learn how to solve 'The Procrastination Equation' to increase your productivity

Interview

Don't worry if you're reading this instead of digging into that daunting project for work. It's only human, says Piers Steel, author of "The Procrastination Equation: How to Stop Putting Things Off and Start Getting Stuff Done" (\$26, Harper). We're so wacky as a species that even things you enjoy doing, such as eating pizza, can be deferred because you detest ordering it. The reward outweighs the cost, but our brains put up a fight anyway. Steel explains why we've evolved these sometimes dangerous tendencies, while offering strategies to help you get down to business.

Does everyone procrastinate?
Even people like Abraham Lincoln and Martin Luther King Jr., who are great accomplishe

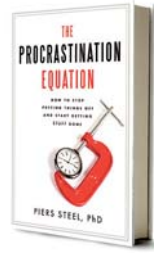
what I know about our neurobiology, it's extremely unlikely that there's someone who doesn't procrastinate at all.

Why are we wired to procrastinate?

One of the earliest decision-making systems that evolved was the limbic system. It runs primarily through emotions. Later we developed the neocortex — we grew it on top of the limbic system. The limbic system was very concrete, but the neocortex is flexible and can think of abstracts and the future. Because of the way evolution works, we never lost that old system. The battle between the two can result in procrastination: We put off our long-term plans for something we can do right away.

Why do we procrastinate on health issues?

Procrastination can be trivial, or it can be tragic. With medicine and health, we tend to procrastinate tasks that have costs up front and benefits delayed to the future. But with medicine having advanced to the point where diseases can be treated if we get to them early and follow through the recommended treatment regime, since we don't do either of these things, procrastinate



fit



“Procrastination can be trivial, or it can be tragic.”

— **PIERS STEEL**, PROFESSOR OF HUMAN RESOURCES AND ORGANIZATIONAL DYNAMICS AT THE UNIVERSITY OF CALIFORNIA'S HASKAYNE SCHOOL OF BUSINESS

Procrastination can be characterized as the No. 1 killer.

Are there any drugs people can take to procrastinate less?

There's a slew of drugs that help. Look at students and Adderall. With these drugs, once you decide to work, it's like a highway with no off-ramps. Normally, you create a chain of concentration through practice and routine. Adderall is a shortcut. Of course, I don't think anyone thinks playing around with brain chemistry is a long-term solution.

Has the Internet worsened procrastination?

Of course. You're working within arm's reach of a strip club, a casino and games room — we have this ubiquitous portal that provides us everything. When you're working, vices should be kept at a distance. All these parts of the world have bled into one another.

What are useful tricks we can use to overcome procrastination?

There are two tricks that are really powerful. If everyone used them, we'd see a 20 percent rise in productivity. One is turning off instant messaging and e-mail notifiers. If you break to answer an e-mail, it takes about 15 minutes to get back up to speed. The second is using your work space for work. If you have the luxury of a second computer, use your work computer for work and your other for play. You'll train the limbic system to recognize work time versus playtime.

KATHERINE BOYLE (EXPRESS)



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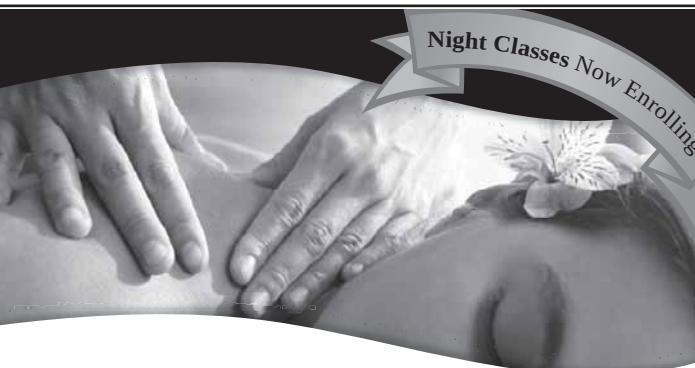


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Sound **Bets**

Chop Tracks: New Martial Arts Jams

I told a friend if I had to do any more martial arts moves to Willow Smith's "Whip My Hair," I was gonna drop an elbow on my instructor's forehead. My teacher would then give me a tornado kick and separate my head from my shoulders, but it would be worth it because I would be dead and wouldn't have to hear Willow Smith again.

I kid because I love — my martial arts instructors, that

is. Not Willow Smith, below. Or Black Eyed Peas. Or Lady Gaga.

In truth, I don't mind those artists, but I don't want to hear them over and over as I throw punches awkwardly, weakly — and neither do my teachers.

So, I asked my friend to recommend good workout mixes — high-energy dance music that would not make me think of an "SNL" sketch. He came up with these: the label compilation series from Perlon ("Superlongevity") and Playhouse ("Famous When Dead"), any collections on Minus Records and "Raw Cuts Vol. 1" by Motor City Drum Ensemble.

Keep your hair still, go forth and kung fu, young Padawans.



@ Comments? Give Christopher your feedback: expressnightout.com/soundbets

Light The Dark

Sam Beam's somber tone gets a makeover as Iron & Wine expands to a full band for its new disc

Album Preview

Years back, Iron & Wine was just Sam Beam and a solitary guitar. After nine years and four studio albums, the act has blossomed into a full band with dense, eclectic arrangements. But for Beam, those early songs are still at the heart of his new work.

"They all start on acoustic guitar or piano," the 36-year-old former film professor explained from a recording bay at National Public Radio's Chinatown headquarters on Jan. 7.

Beam had just finished a four-song solo acoustic set in front of some office chairs in the NPR Music office for broadcast as part of the station's Tiny Desk Concert series. But rather than

previewing songs from Iron & Wine's fourth full-length album, "Kiss Each Other Clean" (which drops Tuesday) with a full band, Beam stripped down three new songs to their bare essentials, naked as they came.

Behind all the noise of "Kiss Each Other Clean" — synthesizers, clavinet, electric guitars and saxophone — the

"It's not therapy for me. I'm not trying to get some deep thing out of it. Like any writing ... inspiration is hard to come by."

songs still hinge on Beam's sweet, soothing voice. And while the album, Iron & Wine's first for major label Warner Bros., is more upbeat musically than the band has ever been, this was still a fairly somber set.

"When you're talking about life or God and love, people think it's too heavy. But it's what we all deal with day to day," Beam said after the show. "This time, I felt the record delivered [those themes] in a more upbeat, danceable way. The line 'kiss each other clean' has this element of love — and doing the nasty."

Despite Beam's reputation for writing songs full of mournful reflection, he's no sad sack.

"It's not therapy for me," Beam insisted. "I'm not trying to get some deep thing out of it. Like any writing or painting, [songwriting] inspiration is hard to come by. You start with a bare amount of inspiration, then you keep working it and re-working it. There's very little left from my personal life — because my life's not that interesting."

RUDI GREENBERG (EXPRESS)

● 9:30 Club, 815 V St. NW; April 22, 8 p.m., \$28; 202-265-0930. (U St.-Cardozo)



Liner Notes

Iron & Wine, "Kiss Each Other Clean"

"Walking Far From Home" The classic journey tale, this song finds the narrator traveling through a series of odd juxtapositions. "Some of them are disturbing or calming; some are surreal, nice or bad," Beam says. "But life's surreal in general."

"Me and Lazarus"

In which biblical character Lazarus is a motorcycle-riding, lawn-furniture-stealing punk. "It's an economy of language, but Christianity in particular is a big part of American culture, so it's fair game," Beam says of his frequent biblical allusions. "You take characters people know and turn them on their heads."

"Monkeys Uptown"

Eddy Grant's "Electric Avenue" inspired this bleak-yet-danceable song. "It's got attitude," Beam says, and dates back to Iron & Wine's second album, the Bush-era "Our Endless Numbered Days." "It's a wink," he says. The world might be messed up, "but let's dance and have a good time anyway."



Best of the Worst: Vampires, werewolves and airbenders lead the pack at the Razzies, an Academy Awards spoof that hands out prizes for the year's worst films. "The Twilight Saga: Eclipse" and "The Last Airbender" tied for the most nominations with nine each, including worst picture. Joining the two are Jennifer Aniston's action comedy "The Bounty Hunter," "Sex and the City 2" and the "Twilight" parody "Vampires Suck." (AP)



1 Static Electricity

We suggest you listen to the music of Matthew Dear, left, before heading to his show at U Street Music Hall, if only because this dreamlike electronica needs a few spins before it really settles down in your head. It's like Shostakovich: The first listen is jarring; the second is utter brilliance. But this is the ONLY WAY in which Matthew Dear's music is like that of Shostakovich.

U Street Music Hall, 1115 U St. NW; 8 p.m., \$12; 202-588-1880. (U St.-Cardozo)

2 Slow, Slow, Quick-Quick, Slow

We could tell you all about the tango, but any synonym we or the Internet could come up with for "sexy" won't really do it justice. The Tango Fire Company of Buenos Aires — SO MUCH TANGO IT IS LIKE BEING SET ON FIRE — is coming to Strathmore this week to show the rest of us how dancing is done.

Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda; 8 p.m., sold out; 301-581-5100. (Grosvenor)



3 The World On a String

In 1961, Pablo Casals gave a concert in Kennedy's White House. Fifty years later, the greatest cellist of our time, Yo-Yo Ma, left, is paying tribute to the event. He'll be performing (along with pianist Emanuel Ax) the same program Casals played, which includes pieces by Beethoven, Schumann and Casals himself.

Kennedy Center, 2700 F St. NW; 7:30 p.m., sold out; 202-467-4600. (Foggy Bottom)

A photograph of a woman in a black blazer and white shirt, pointing her right hand towards a screen displaying a presentation slide. The slide has some text and a diagram, but it is out of focus.

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TV tonight **lookout**

Wild, Wild Westerns

PBS recalls when young gunslingers ruled the airwaves

Documentary

PBS
8:00

"Pioneers of Television" looks back at classic Westerns. For a time in the late 1950s, the sturdy genre did not so much dominate the television schedule as devour it entirely.

The perennial third-place network ABC devoted many half-hours to shows such as "Colt .45," "Maverick" and "Cheyenne." Over on NBC, you would see "Riverboat," "Wagon Train" and its new show "Bonanza." CBS offered "The Texan," "Johnny Ringo" and "Gunsmoke," the longest-running Western of them all. And those are just a sampling of Westerns from the 1959 season.

People couldn't get enough of the cowboy shoot-'em-ups and for a very interesting reason.

Throughout most of its first



James Arness, above, starred as Marshal Matt Dillon on CBS' series "Gunsmoke."

decade, television was starved of Hollywood product. Many studio chiefs treated the medium as a fad and refused to allow their studios to produce material for broadcast. As a result, many of the acclaimed dramas of TV's "Golden Age" were produced in New York and starred Broadway actors. Gritty dramas such as "Marty" and "Twelve Angry Men" originated on TV and only later became award-winning films.

Around about the late 1950s, Hollywood seemed to admit that TV was here to stay.

Given the choice between watching a "serious" actor delivering angst-ridden dialogue in a stagy New York production and watching a young Clint Eastwood dispatching bad guys with six-shooters, the average viewer chose the cowboys in a landslide. KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

Best Bets

FX
7:30

The Incredible Hulk A live-action version of the Marvel comic met with public resistance several years earlier, but that didn't stop others from trying again with this 2008 effort, a leaner and maybe a bit meaner take starring Edward Norton as Bruce Banner.

ABC
8:00

No Ordinary Family Jim and Stephanie's plans for a romantic 18th anniversary celebration are dramatically disrupted by a serial arsonist with special powers of his own. Left home alone, Daphne and J.J. team up to win money in a poker game with fellow students.

CW
9:00

Hellicats Marti (Aly Michalka, right) deals with the consequences of her confession that she hooked up with Dan. When Alice's father unexpectedly arrives to watch her at sectionals, she blackmails Savannah into giving up her spot as a flier.



BRAVO
10:00



The Fashion Show There are no more "fashion houses" as individual designers go head to head, trotting out complete collections of what are, with luck, cohesive looks in their last shot at winning the \$125,000 grand prize in the season finale. Grammy winner Mary J. Blige appears as a guest judge. (TRIBUNE MEDIA)

Cop Dramas

Protect and Serve

"Southland's" (10 p.m., TNT) third season is in full swing as John teaches Ben (Ben McKenzie, below) several vital aspects of being a good cop, including how to handle delivering a death notification to loved ones and how to arrest a suspected drug dealer. As he sorts out his marital issues, Sammy crashes with Nate and his family. Lydia and Josie investigate a drug-related murder case. (TM)



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Poll Center

Today's Question

WILL RAHM EMANUEL END UP ON THE BALLOT FOR MAYOR OF CHICAGO?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

SHOULD CONGRESS REINSTITUTE A BAN ON HIGH-CAPACITY GUN MAGAZINES?



"High-capacity gun magazines have one purpose only: to kill large numbers of people quickly. If you want to use weapons with this capability, join the military."

COMMENTER VEGGIETART

"History shows gun control does more harm than good. It's also getting a little sickening seeing politicians and gun hate groups trying to further their hate agenda by standing on dead bodies to sell their ideas."

COMMENTER STR

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

Blog Log

"B.J. Raji had one of the most athletic and incredible plays for a nose tackle perhaps in NFL post-season history. But that was the least impressive thing he did. The big man 'listed' at 340 pounds, who is probably closer to 4 bills than 3, picked the Bears' QB, Hanie, off and returned it all of about 9 yards for a TD. The ensuing TD dance [was] legendary."

— CLEVELANDLEADER.COM WAS A BIG FAN OF THE PACKERS DEFENSIVE LINEMAN'S MOVES SUNDAY.

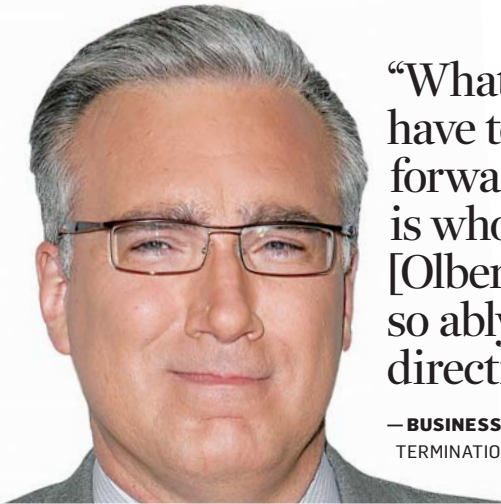
"True confession: The Razzies are my favorite movie awards, particularly in years that gave them plenty of crap to sift through. ... Basically, you know it's a good/bad year when a dud like 'Clash of the Titans' can't muster up more than two nominations."

— CLUBJADE.NET IS LOOKING FORWARD TO THE AWARDS, AFTER THE NOMINEES WERE ANNOUNCED MONDAY.



"I was hoping that Britney [Spears] would be so kind as to share a little peek from the 'Hold It Against Me' music video set, and my prayers have been answered! As you can see, Britney is surrounded by a mess of microphones ... I can't wait to see how this scene plays in the final music video."

— PINKISTHENEWBLOG.COM WAS GLAD TO SEE A SNEAK PEEK OF THE ARTIST'S NEWEST VIDEO, WHICH SHE TWEETED MONDAY.



"What MSNBC will now have to figure out going forward (leaning forward?) is who they are without Keith [Olbermann]. And as CNN has so ably demonstrated, a lack of direction can be fatal."

— BUSINESSINSIDER.COM THINKS THAT OLBERMANN'S TERMINATION WILL HAVE SERIOUS LONG-TERM EFFECTS FOR THE CABLE NEWS NETWORK.

feel really down?

Experiencing thoughts of sadness, hopelessness, guilt, worthlessness, lacking interest in everyday activities you once enjoyed?

NIH researchers seek depressed persons ages 18-65 for participation in research studies. Evaluations for medication studies (standard and novel antidepressants) and brain imaging studies include 1-4 visits, psychiatric interviews, medical history, physical exam, blood and other medical tests.

Research studies (outpatient or inpatient) are conducted at the NIH Clinical Center in Bethesda, Maryland. Participants must be free of other serious medical conditions. Research evaluations and medications are provided at no cost. Compensation is provided for research procedures and brain imaging.

NIH RESEARCH
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Travel is reimbursed. Atendemos pacientes de habla hispana.



www.clinicaltrials.gov
Protocol # 01-M-0254

puzzles lookout

Horoscope

AQUARIUS (Jan. 20-Feb. 18) You will want to interrupt one line of endeavor to follow another, and both are likely to intersect at some point.

PISCES (Feb. 19-March 20) You may receive a rather cryptic message. If you use your imagination, you'll conjure a scenario in which it makes perfect sense.

ARIES (March 21-April 19) You'll want to channel any frustration you may feel at this time into a productive endeavor. Don't let negative feelings fester.

TAURUS (April 20-May 20) You have been trying to get in touch with someone who has been a peripheral part of a current project; today, he or she can play a larger role.

GEMINI (May 21-June 20) You may require more assistance than you had first thought, but it will be difficult to coordinate schedules as a result.

CANCER (June 21-July 22) Focus on those things that bring you gratification almost immediately; know that the good feelings they bring won't last forever.

LEO (July 23-Aug. 22) An early start doesn't necessarily mean that you will be able to knock off earlier; indeed, this is shaping up to be a rather long day.

VIRGO (Aug. 23-Sept. 22) What you do in and around the home is not only necessary from a maintenance and upkeep standpoint, but it can be emotionally satisfying, too.

LIBRA (Sept. 23-Oct. 22) You may feel as though you have lost touch with that part of yourself that can derive inspiration from routine events. What has changed?

SCORPIO (Oct. 23-Nov. 21) It's a good day to look back and recap what has happened — what you've brought about, what others have done, and what's been done to you.

SAGITTARIUS (Nov. 22-Dec. 21)

Take care you aren't guilty of some sort of negligence; you'll want to pay attention to everything going on around you.

CAPRICORN (Dec. 22-Jan. 19)

A meeting of the minds results in the formulation of a new play that promises greater, faster results. What's the starting date?

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 244

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| I ₁ | O ₁ | Y ₄ | R ₁ | K ₅ | H ₄ | C ₃ |

Triple Word Score

RACK 1

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| E ₁ | I ₁ | O ₁ | O ₁ | S ₁ | P ₃ | P ₃ |

RACK 2

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| E ₁ | U ₁ | T ₁ | R ₁ | V ₄ | S ₁ | B ₃ |

2nd Letter Double

RACK 3

| | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| | | | | | | |
| O ₁ | U ₁ | K ₅ | N ₁ | G ₂ | L ₁ | C ₃ |

RACK 4

Yesterday's Solution

| | | | | | | | | |
|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------|-----|
| S ₁ | U ₁ | L ₁ | F ₄ | I ₁ | D ₂ | E ₁ | RACK 1 = | 61 |
| B ₃ | E ₁ | L ₁ | I ₁ | E ₁ | R ₁ | | RACK 2 = | 8 |
| A ₁ | S ₁ | O ₁ | C ₃ | I ₁ | A ₁ | L ₁ | RACK 3 = | 61 |
| B ₃ | A ₁ | C ₃ | K ₅ | L ₁ | I ₁ | T ₁ | RACK 4 = | 80 |
| PAR SCORE 140-150 | | | | | | | TOTAL | 210 |

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

| | | | | | | | |
|---|---|---|---|--|---|---|-----|
| | | | | | 2 | | 6 |
| 9 | | 5 | | | 6 | 3 | |
| | 8 | | 1 | | | | 4 |
| 8 | 1 | | 6 | | 3 | 9 | |
| | | | | | | | |
| | | 4 | 2 | | 7 | | 3 8 |
| | 9 | | | | 1 | | 5 |
| | | 1 | 5 | | | 7 | |
| 2 | | | 9 | | | | 3 |

Yesterday's Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 9 | 1 | 2 | 7 | 3 | 8 | 5 |
| 2 | 3 | 1 | 4 | 5 | 8 | 7 | 9 | 6 |
| 7 | 8 | 5 | 9 | 3 | 6 | 2 | 4 | 1 |
| 1 | 7 | 4 | 8 | 9 | 2 | 5 | 6 | 3 |
| 8 | 6 | 2 | 5 | 4 | 3 | 1 | 7 | 9 |
| 9 | 5 | 3 | 6 | 7 | 1 | 8 | 2 | 4 |
| 5 | 1 | 7 | 2 | 6 | 4 | 9 | 3 | 8 |
| 4 | 2 | 8 | 3 | 1 | 9 | 6 | 5 | 7 |
| 3 | 9 | 6 | 7 | 8 | 5 | 4 | 1 | 2 |

Need more Sudolku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

46 | **35**

Today: Milder today with some sun. A bit of snow and rain at times tonight.

36 | **30**

Tomorrow: Rain tomorrow, with snow early. Rain and snow possible tomorrow night.

Looking Ahead

THU **40** | **25** **FRI** **42** | **29** **SAT** **46** | **27**

Sun and Moon

Sunrise today: 7:20 a.m.
Sunset today: 5:21 p.m.
Moonrise today: none
Moonset today: 10:24 a.m.

Almanac

Normal high: 43
Record high: 73
Normal low: 27
Record low: 3

FORECAST BY ACCUWEATHER.COM ©2009

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Crossword

ACROSS

- 1 Andean stimulants
6 Leg joint
10 Sunday seats
14 Calculators with beads
15 Generate profits
16 Access for a collier
17 Sore loser's attitude
19 "Laugh-In"-era skirt
20 Western U.S. capital
21 Michelangelo or Rodin
23 FedEx
25 Like a sharpshooter's aim
26 Start of a Musketeer credo
29 Bridal gown shade
31 Wholly absorbed
35 "7 Faces of Dr. ____"
36 Ax handle
38 Eagle's birthplace
39 What life is, in song
43 Amble
44 Graceful seabird
45 Behave in a Spacey way?
46 "... if you want to avoid trouble"
48 Muddy, as water
50 Word in a Hemingway title
51 Snack-bar drink
53 Psychologist's concerns
55 Academic types
59 "Friends" friend
63 Weaving apparatus
64 Vaudeville headliners
66 Leave the engine running
67 Abu Dhabi prince
68 Worn away unevenly
69 Transfer document
70 Information
71 Gossip

DOWN

- 1 Alternative to check or charge
- 2 Instrument an orchestra tunes to
- 3 Hat lining
- 4 "Land for sale" sign word

- 5 One of the Declaration's
56
6 Greenish parrot of New
Zealand
7 Briefly visits dreamland
8 Displaying good posture
9 Leave no doubt
10 Child spoiler, perhaps
11 Abridge
12 Captive of the grape
13 Recipe instruction
18 ____ Cuca-monga, Calif.
22 Associated with the
moon
24 Windblown snow pile
26 "Remember the ____!"
27 Cabinet department
28 Untethered
30 Problem caused by
stomach acid

- 32 Some vocal showcases
33 "Now for the ____ de resistance"
34 Acorn's coat
37 Sharp attack of emotion
40 Greeted
41 Everyday disinfectant
42 It's no no-brainer
47 Walking on air
49 "____ Tunes" (animated series)
52 A bottle's bouquet
54 Drum-kit part
55 Experienced distraction?
56 A spy may crack it
57 Woodpecker's creation
58 "You don't ____ into the

- wind" (Jim Croce line)
60 Barge ____ (interrupt)
61 Broken bone protector
62 Sailing the waves
65 Certain undergarment

Yesterday's Solution

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|
| 1 | M | 2 | O | 3 | T | 4 | E | 5 | | 6 | A | 7 | D | 8 | D | 9 | E | 10 | | 11 | P | 12 | S | 13 | S | 14 | | 15 | |
| 16 | U | 17 | R | 18 | S | 19 | A | 20 | | 21 | W | 22 | R | 23 | I | 24 | T | 25 | E | 26 | | 27 | A | 28 | H | 29 | O | 30 | |
| 31 | F | 32 | L | 33 | A | 34 | S | 35 | H | 36 | L | 37 | I | 38 | G | 39 | H | 40 | T | 41 | | 42 | T | 43 | O | 44 | R | 45 | |
| 46 | T | 47 | O | 48 | R | 49 | T | 50 | E | 51 | | 52 | P | 53 | I | 54 | E | 55 | R | 56 | | 57 | O | 58 | T | 59 | T | 60 | |
| 61 | N | 62 | S | 63 | E | 64 | R | 65 | | 66 | T | 67 | R | 68 | O | 69 | P | 70 | | 71 | I | 72 | C | 73 | O | 74 | | 75 | |
| 76 | | 77 | | 78 | | 79 | R | 80 | E | 81 | A | 82 | R | 83 | | 84 | | 85 | | 86 | | 87 | I | 88 | S | 89 | L | 90 | E |
| 91 | | 92 | D | 93 | A | 94 | M | 95 | N | 96 | | 97 | R | 98 | O | 99 | B | 100 | | 101 | U | 102 | S | 103 | T | 104 | O | 105 | R |
| 106 | E | 107 | R | 108 | E | 109 | | 110 | | 111 | T | 112 | O | 113 | U | 114 | R | 115 | N | 116 | E | 117 | | 118 | E | 119 | C | 120 | I |
| 121 | A | 122 | C | 123 | T | 124 | | 125 | A | 126 | T | 127 | T | 128 | A | 129 | I | 130 | N | 131 | | 132 | | 133 | E | 134 | K | 135 | E |
| 136 | F | 137 | O | 138 | E | 139 | | 140 | H | 141 | N | 142 | | 143 | | 144 | T | 145 | O | 146 | | 147 | L | 148 | D | 149 | | 150 | |
| 151 | | 152 | R | 153 | U | 154 | S | 155 | | 156 | | 157 | A | 158 | I | 159 | A | 160 | | 161 | R | 162 | O | 163 | U | 164 | | 165 | |
| 166 | O | 167 | H | 168 | M | 169 | | 170 | | 171 | O | 172 | S | 173 | S | 174 | A | 175 | | 176 | | 177 | N | 178 | A | 179 | C | 180 | R |
| 181 | P | 182 | E | 183 | A | 184 | T | 185 | | 186 | | 187 | F | 188 | O | 189 | C | 190 | | 191 | U | 192 | S | 193 | G | 194 | R | 195 | O |
| 196 | A | 197 | R | 198 | I | 199 | L | 200 | | 201 | | 202 | A | 203 | N | 204 | O | 205 | | 206 | | 207 | D | 208 | U | 209 | S | 210 | |
| 211 | L | 212 | O | 213 | D | 214 | E | 215 | | 216 | | 217 | S | 218 | A | 219 | T | 220 | I | 221 | | 222 | | 223 | O | 224 | R | 225 | T |

EDITED BY TIMOTHY E. PARKER

Today in History

1915 Alexander Graham Bell inaugurates U.S. transcontinental telephone service between New York and San Francisco.

1961 President John F. Kennedy holds the first presidential news conference to be on live radio and TV.

2010 James Cameron's "Avatar" overtakes "Titanic" to become the world's highest-grossing film.

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**SACRIFICE****Youth Cult Selects This Year's Offering**

Jay Leno has been named Harvard University's Hasty Pudding Man of the Year. The Massachusetts native is scheduled to receive his pudding pot at a roast on Feb. 4. Hasty Pudding Theatricals, the nation's oldest undergraduate drama troupe, said Leno was selected because he has "entertained millions of people over his long and accomplished career in comedy." (AP)

SACRIFICE**Elders of the Super Bowl Select This Year's Offering**

Christina Aguilera will sing the national anthem at the Super Bowl in Texas on Feb. 6. The five-time Grammy award winner will be making an encore appearance

at the NFL championship. The halftime show will feature the Black Eyed Peas. Other stars to have sung the national anthem at the Super Bowl include Billy Joel, Diana Ross, Mariah Carey and Beyonce Knowles. (AP)



FREDERICK M. BROWN/GETTY IMAGES

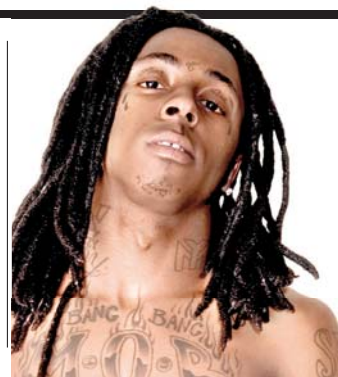
Oprah's animatronic double, however, is functioning very well and will soon be ready for mass production.

DISAPPOINTMENT**Oprah Not Cloned (Yet)**

The family-related secret Oprah Winfrey promised to tell on her show Monday is that she has a half sister — a Milwaukee woman who was given up for adoption by Winfrey's mother. Winfrey introduced her newly found sibling to viewers and explained the woman's persistent quest to find her birth mother. "This, my friends, is the miracle of all miracles," she said. (AP)

Victims**How the Scrawny Have Fallen**

Aaron Carter, "Dancing With the Stars" contestant and brother of Backstreet Boy Nick Carter, has entered rehab "to heal some emotional and spiritual issues he was dealing with," his manager told Usmagazine.com. (EXPRESS)

**FREEDOM****We Shall Expect Nothing Less From Bernie Madoff**

Fans who missed Lil Wayne during his yearlong stint behind bars will get a chance to show their love for the multi-platinum rapper in person: He's kicking off a 25-city tour. It starts in Buffalo, N.Y., on March 18 and will include stops in Atlanta, Miami and Washington, D.C. (AP)



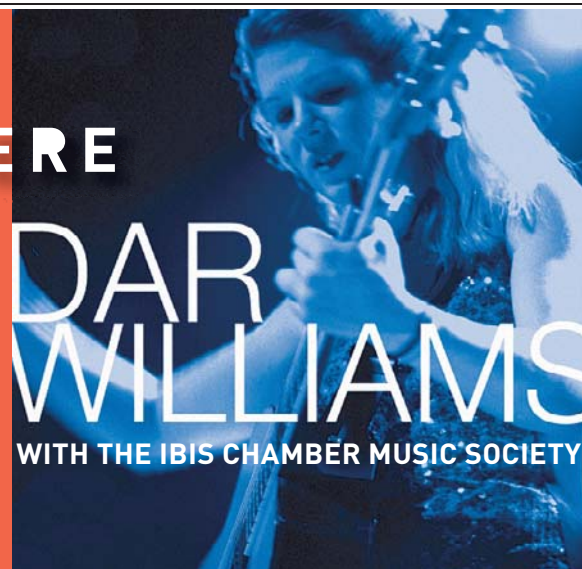
"We've decorated our whole apartment with it! We wake up and look at it. We're very happy with the way it's turned out."

— ELTON JOHN TELLS USMAGAZINE.COM HOW MUCH HE AND HUSBAND DAVID FURNISH LOVE THE US WEEKLY COVER OF THEM WITH THEIR NEW BABY.



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